

Waste Education Service Newsletter

WINTER 2025



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don't be a
'wishcycler'**

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EDUCATING CAMBRIDGESHIRE ABOUT WASTE



Welcome to the Winter edition of our newsletter!

We deliver **FREE** recycling and waste awareness workshops across the county to schools, community groups and businesses. Throughout the year we also support a wide range of community events.

Our workshops can include presentations on waste education, reduction and recycling, plus 'hands-on' activities, (including sorting out your recyclable waste).



For more information about our **FREE** recycling workshops, and to book, scan the QR code or go to:
www.cambridgeshire.gov.uk/residents/waste-and-recycling/waste-education-service



Did you know?

So far in **2025** our Waste Education Officer has carried out over **185** engagements with more planned for **2026**!

This Christmas don't be a 'wishcycler'



This Christmas please don't be a 'wishcycler' and remember to **dispose of items in the correct bin**. Batteries and electrical items should never be disposed of in a bin. If they're still in working order why not donate them to someone else or give them to charity. If they need repairing have a look at a local Repair Café, see: www.cambridgecarbonfootprint.org/what-we-do/repair-cafes

Electrical items and batteries can be recycled at all of our Household Recycling Centres, to find your nearest one see: www.cambridgeshire.gov.uk/residents/waste-and-recycling/household-recycling-centres

If you're unsure what to put in your blue recycling bin, please visit your local council website for more details:

Cambridge City Council
www.cambridge.gov.uk/bins-recycling-and-rubbish

East Cambridgeshire District Council
www.eastcambs.gov.uk/waste-and-recycling

Fenland District Council
www.fenland.gov.uk/article/13258/Bins-Waste-and-Recycling

Huntingdonshire
www.huntingdonshire.gov.uk/bins-waste

Greater Cambridge Shared Waste
www.greatercambridgewaste.org

Eat with the seasons

Choosing seasonal produce is one of the simplest ways to reduce your carbon footprint. While supermarkets make it easy to buy fruit and vegetables all year round, this convenience often comes at a cost. By opting for locally grown, seasonal produce, you help cut CO₂ emissions and enjoy fresher flavours.

To make it easier, we have prepared a list of fruit and vegetables currently in season and grown in the UK.

Winter seasonal food

Salads & herbs

Spring onions



Fruit

Apples (early winter)

Pears (early winter)



Vegetables

Brussels sprouts

Cabbage (kale, red cabbage, savoy cabbage)

Cauliflower

Leeks



Potatoes

Root vegetables (parsnips, carrots, turnips etc)

Swedes

Celeriac

Jerusalem artichokes



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Christmas at your local Household Recycling Centre

Waste in the UK rises by over 30% during the festive season, and much of it ends up at Household Recycling Centres.

Before visiting your local recycling centre please: **Sort your waste!** Flatten your cardboard! And remember that Christmas trees will be recycled into soil improver.



Spotlight on one of our Food Waste Workshop providers...

The Ferry Project Cookery School

As part of the Ferry Project, the Cookery School provides vocational skills and work experience in hospitality for our homeless clients, alongside training in useful cooking skills which equip them to live independently. This forms a vital part of the holistic homelessness support we provide to our clients. Based at Octavia View in Wisbech it is for anyone who wants to learn how to cook, or those wanting to develop their cooking skills.

The Cookery School is also a social enterprise, which means that by running classes, courses and events for the public in our local community, it helps to generate an income for the charity which in turn helps us to continue our work to assist homeless single adults on their journey towards independent living.

For further information please visit:
www.ferryproject.org.uk

And for more recipe ideas visit:
www.fascinatingfood.co.uk

Ferry Project

a helping hand
for those who need it



SECOND CHANCE

UNIFORM SHOP

A vibrant community hub led by Roland From Djiboart RB7 Art Centre CIC

GIVE SCHOOL UNIFORM A SECOND CHANCE!

SWAP:
Swap school uniform for different sizes/items

DONATE:
Donate good quality spare school uniforms

TAKE:
Need school uniform - take what you need

Monday - Saturday 10am-5pm
Sunday 10am-4pm

Root and Rise, Queensgate Upper Level
(between New Look/Primark)

FREE!





TOGETHER, WE CAN MAKE A DIFFERENCE - ONE UNIFORM AT A TIME!

Be a Christmas Recycling Hero

Merry Christmas
HAPPY NEW YEAR

Each year, the UK throws away approximately £42 million of unwanted presents, most of which end up in landfill.

You can make beautiful Christmas gifts at home. Jams, chutneys, baked goods or even a knitted scarf or hat give a personal touch and are relatively low cost. If DIY is not for you, try gifting an experience or membership – perhaps for an organisation that supports the environment or nature.

It is also estimated that the **UK uses 227,000 miles of wrapping paper each year** (source www.gwp.co.uk/guides/christmas-packaging-facts).

So, when it comes to wrapping gifts this year, consider what you can do to reduce the amount of new wrapping paper used. You could re-use fabric or recycled wrapping paper.

And if you're thinking of buying new wrapping materials, avoid wrapping paper with glitter or that is laminated because these aren't recyclable. Instead, look for the FSC sign or make sure it is 100% recycled, and save wrapping paper to re-use next year.

Christmas is a time to spend with friends and family, but it's also the time when we over-indulge and create the most waste. Whether it's lots of packaging from our Christmas parcels, the amount of wrapping paper we use, or what is left behind after a house full of visitors, the waste can be endless! We give the run down on all the things you can recycle this festive season.

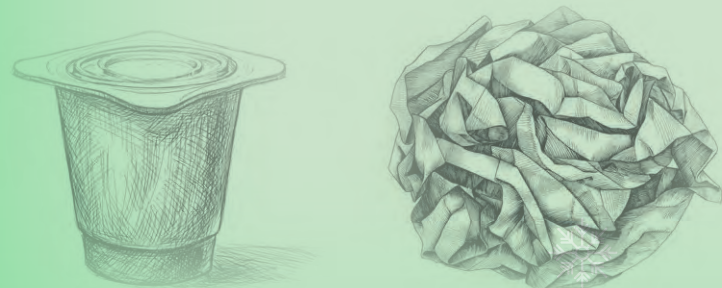
Rescue five commonly binned items

This year Recycle Now have been encouraging the recycling of five commonly binned items:

- Perfume/aftershave bottles
- Aerosols
- Toilet roll tubes
- Plastic trigger spray bottles
- Yoghurt pots

These items should still be recycled at Christmas along with the many other items we use over the festive period.

Become a recycling hero and make sure that every recyclable item in your home avoids the rubbish bin and gets recycled the right way!



Eau de parfum or eau de toilette? Recycle glass fragrance bottles

You've been smelling great throughout the festive season and now you've used up all your perfume or aftershave. So, remember to recycle the empty fragrance bottles, leave the lids on and place them in your **blue** recycling bin.

Smelling fresh and looking good: deodorants can be recycled

Everyone wants to stay fresh and look good during the party season. Once the partying is over, remember to recycle those empty deodorants, hairspray and shaving foam aerosols. Ensure your aerosol is empty and don't pierce or crush them.

The Christmas clean up: rescue those trigger spray bottles!

All that cleaning up after your Christmas parties, and you'll run out of kitchen cleaner before you know it!

When recycling your empty plastic trigger spray bottles leave the trigger on and recycle alongside your other plastic bottles.

Recycle paper and card: from loo rolls to online shopping packaging

Your visitors have left after Christmas, and the toilet paper has all gone! Not just that, all your online Christmas shopping has left you with a mountain of cardboard boxes.

If you've got loads of empty toilet roll tubes and cardboard boxes, your local authority will collect these at home.

Remember to remove any plastic or polystyrene inserts and excess sticky tape from cardboard boxes. It's also a good idea to keep toilet roll tubes and cardboard boxes dry before recycling.

Recycle those yoghurt pots

Yoghurt is a great ingredient to add to your festive desserts, but once empty, make sure the yoghurt pot gets recycled along with your other pots, tubs and trays.

Flimsy lids should be removed but plastic lids can remain for recycling - visit the Recycling Locator for more details: www.recyclenow.com/recycle-an-item

Wrapping paper

This depends on the material; you can recycle your wrapping paper provided it passes the 'scrunch test':

<https://youtu.be/8PBps0ccvXc>

If it scrunches into a ball and stays scrunched, it's likely recyclable. You must remove any tape, ribbons, or glitter before recycling. Foil or glittery paper and paper laminated with plastic are not recyclable and should go in the general waste.

Greener Christmas greetings cards

We all love receiving a Christmas card from family and friends, but what do you do with all those cards once the festive season is over?

Christmas cards and their envelopes can be recycled from home unless they have foil, glitter, ribbons or bows on them. Just remember to remove any of these decorations before you recycle.

You could also keep this year's cards to create your own gift tags for next year!

Recycle those Christmas trees!

When it's time to take down your Christmas tree, be sure to dispose of it responsibly. Real trees are 100% recyclable and can be turned into chippings for parks. They can be put into your garden waste kerbside bin, but make sure they are cut into small pieces first. Alternately there are local charities such as Arthur Rank which will collect them and dispose of them for a small donation:

www.arhc.org.uk/fundraising/fundraise-your-way/community-initiatives/christmas-tree-recycling/

Artificial trees can't be recycled, but they can be reused! Charities and care homes will often take artificial trees, and if they're in good condition, they could also be donated to charity shops.

How to recycle old electrical items

Christmas brings lots of electrical items as gifts. If you need to replace an electrical item with a new one, remember that any items that have a plug, use batteries, need charging or have a picture of a crossed-out wheelie bin on, are known as Waste Electrical and Electronic Equipment (WEEE) and whilst these can be recycled they **must NOT** be placed in any bin as they are a fire hazard. They should be recycled at recycling centres in the WEEE skips or via electrical retailers.

What to do with batteries?

With Christmas comes lots of toys and gadgets that need batteries!



Used batteries can be recycled but must NOT be placed in any bin as they can cause a fire!

South Cambridgeshire and Cambridge City Council can collect them if they are placed in a bag **on top** of your blue recycling bin.

You can also drop them off at your local recycling points in many shops and supermarkets, or even your nearest household recycling centre.

Use the postcode finder to find convenient battery recycling points near where you live: www.recyclenow.com/recycle-an-item/batteries



Have yourself a waste free Christmas

Research shows that annual food waste costs a four-person household in the UK around £1,000 per year in food bought but not eaten. More than 6 million tonnes of food and drink was thrown away at home each year.

It is easy to go overboard when doing the Christmas food shop but here are few top tips for preventing food waste this Christmas:

Turkey

Poultry is seventh in the top 10 most wasted foods in the UK.

The main reason for poultry waste is 'prepared, cooked, served too much' and most of the waste is made up from meat from whole birds. Most poultry waste is chicken but at Christmas it's all about turkey, and the problem is the same. So, it's important to use up those leftovers.

Any kind of leftovers (apart from rice, which is strictly one day) can be stored in the fridge for up to two days. The chances are there's going to be a lot more left over from a Christmas turkey than from a usual Sunday roast, so freezing leftover cooked meat is useful – and perfectly safe. If you're going to freeze your leftover cooked turkey, it should be done as soon as possible.

You can even make stock from the carcass of the turkey – see: bbcgoodfood.com/howto/guide/how-make-turkey-stock

Whether cooked from frozen or fresh, you can use the leftovers to make a new meal, for example, a curry, which can then be frozen.

There are only two safe ways to defrost raw or cooked meat/poultry: in the fridge or using the microwave on the defrost setting directly before cooking/re-heating.

The rule to remember is to only re-heat once.

Potatoes

The humble potato is the UK's most wasted food.

Potatoes should be stored in the fridge (Food Standards Agency, (FSA) advice). They can be parboiled and frozen to get ahead of the Christmas rush. It's best to 'open freeze' on a tray and then transfer to an airtight container. This is so they don't all stick together, and you can take out as many as you need when you come to roast them – straight from the freezer. Alternatively, you can buy frozen roasties, all ready to go.

Frozen veg - Brussels sprouts, cabbage, carrots

There are a few of options for veg. You can buy fresh, blanch and freeze or buy frozen.

Swapping fresh foods for frozen options will reduce food waste, because it lasts for months and you can use as much as you need when you need it. Frozen vegetables can be cooked from frozen.

Mince pies

Did you know that the UK consumes approximately 175 million mince pies at Christmas, with around 74 million being wasted during the Christmas season in the UK.

Wasted mince pies contribute to a significant amount of packaging waste, including 175 tonnes of aluminium foil.

"More than 6 million tonnes of food and drink was thrown away at home each year"

If you've some leftovers here are two recipes to use them up!



Brussels Sprout and Cheddar Soup

Ingredients:

- 25g butter
- 1 tbsp rapeseed oil
- 1 red onion, peeled and diced
- 2 cloves garlic, crushed
- 1 cm root ginger, finely diced
- 700g Brussels Sprouts, trimmed
- 700ml vegetable stock
- A handful thyme
- 100g cheddar, grated
- Salt and pepper
- 50ml cream

Directions:

1. Melt the butter in a saucepan with the oil. Add the onion, garlic and ginger. Fry for 5 minutes on a medium heat or until the onion is softening.
2. Add the sprouts. Fry for a few minutes, stirring well.
3. Add the stock and thyme. Simmer, with a lid on for 25 minutes.
4. Blitz with a hand-held blender or food processor until smooth.
5. Add in the cheese. Stir well until melted.
6. Add the cream and season to taste. Adjust with a little water if needed.

Stuffed Bread

Ingredients:

- 225g white bread flour
- ½ tsp salt
- 10g fresh yeast
- 110ml water
- 1 tsp olive oil

Filling:

- 4 tsp leftover cranberry sauce or chutney
- 25g cheddar, 25g stilton or other leftover cheeses
- 2 rashers cooked leftover cooked bacon.

Directions:

1. Grease a baking sheet.
2. In a bowl mix together the flour and salt. In a jug mix together the yeast, water and oil. Pour into the flour and form a dough.
3. Knead on a floured surface for 10 minutes. Place a little oil into the bowl. Place the dough into the bowl and cover, leave to rise for 1 hour.
4. Knock back and flatten the dough into a rough rectangle. Spread on the cranberry sauce. Sprinkle with the cheeses and bacon. Fold two to three times and roll again, re-fold and roll again.
5. Cut three diagonal slashes and gently stretch the dough. Place on the baking sheet and leave to rise for 30 minutes.
6. Preheat the oven to 220C/ Gas 7. Brush the bread with a little oil and bake for 25 minutes or until golden.



Ferry  Project



The recipes above are written by Alison Crouch from the Ferry Project Cookery School. To see more of their leftover recipes with video guides scan the QR code.
www.ferryproject.org.uk/cookery-school

Want more recipe ideas?

Even more leftover recipe ideas from chef, Rowen Halstead. Scan the QR code to view his video recipes.

www.wastenotrowen.co.uk



Calling all schools, community and adult groups in Cambridgeshire!

Waste Prevention Education Free Workshops

To book a visit to your school or organisation and for more information please contact wmt@cambridgeshire.gov.uk

FREE workshops at any location across the County include:

- Tailored educational workshops for **school, community and adult groups**.
- Learning what waste is and what we can do to **prevent, reuse, repair and recycle** it, sort it for recycling or make something from waste material.
- Videos showing the **processes** involved in **sorting and recycling waste**.
- A discussion around **climate change** and an explanation of what an **individuals carbon footprint** looks like.
- Workshops are ideal for **classroom settings** and pupils work in **groups on a variety of tasks**.
- A typical workshop lasts around **60 minutes**. We can deliver up to **three workshops per day** and can visit a school for **two days** if required.

We offer outreach visits on weekdays, in the evenings and at weekends.

Contact us if you have an upcoming event in Cambridgeshire you would like us to support.



For more information about our FREE recycling workshops, and to book, scan the QR code or go to:

www.cambridgeshire.gov.uk/residents/waste-and-recycling/waste-education-service



www.facebook.com/CambridgeshireCC



www.x.com/CambsCC



www.linkedin.com/company/cambridgeshire-county-council



Thalia
Waste Management



Working in partnership with
**Cambridgeshire
County Council**

